

East Columbia 50+ Center October 2016 Events



6600 Cradlerock Way, Columbia, MD
(410) 313-7680
(410) 313-7688 (fax)

Hours: Mondays and Wednesdays, 8:30 am-8:30 pm
Tuesdays and Thursdays, 9am-4:30 pm
Fridays, 8:30 am – 4 pm

eastcolumbia50@howardcountymd.gov

Monday	Tuesday	Wednesday	Thursday	Friday
9 Legal Aid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 3 Cool Line Dance 3:30 Nutrition Counseling 4 Pinochle 5/6 TaiChi 3/TaiChi2 7 Soul Line Dance 3	9 Exercise w/Ease 10 Seated Yoga 10 Color with Us 11 Qigong Drop-in 11 Sew Who Cares 12 Poker 1 Zumba 2 Yoga 3 Urban Line Dance 6 Film—Election 1999 6 Civil Law 4	10 Mahjong 11 Open Forum with County Executive Allan H. Kittleman 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance 5	9 Exercise w/Ease 10 Basic Bridge 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Ballroom Dance 1 Chess 6	9:15 Draw & Paint 9:30 Advanced Walking at Columbia Mall 1 Pinochle 1 Bridge 1 Watercolor 7
Columbus Day Holiday Center Closed 10	9 Exercise w/Ease 10 Seated Yoga 10 Color with Us 11 Qigong Drop-in 11 Sew Who Cares 12 Poker 12 Outreach Education 1 Zumba 2 Yoga 3 Urban Line Dance 3:30 iPad Lab 6 Family Law 11	10 Mahjong 11 BYO Beads 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance 12	9 Exercise w/Ease 10 Spotlight on Seniors 10 Basic Bridge 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Ballroom Dance 1 Chess 6:30 New Release Cinema 13	9:15 Draw & Paint 9:30 Advanced Walking at Columbia Mall 1 Pinochle 1 Bridge 1 Watercolor 14
9 Legal Aid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong 1:30 Bridge Drop-in 2 Tai Chi P 3 Cool Line Dance 4 Pinochle 5 TaiChi Advance 6 TaiChi 2 7 Soul Line Dance 7 Caregiver Support 17	9 Exercise w/Ease 10 Seated Yoga 10 Color with Us 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 1 Clutter Busters 2 Yoga 3 Urban Line Dance 6 Family Law 18	8:30 Trip to African American Museum 10 Mahjong 10 The Village Meeting 10:30 Camp IO 1 To Health 2 Bid Whist 3 Strength Trg. 4 Tai Chi Beg. 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance 19	9 Exercise w/Ease 10 Basic Bridge 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Ballroom Dance 20	9:15 Draw & Paint 9:30 Advanced Walking at Columbia Mall 1 Pinochle 1 Bridge 1 Watercolor 21
9 LegalAid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong 1:30 Bridge Drop-in 2 Tai Chi P 3 Cool Line Dance 4 Pinochle 5 TaiChi Advance 6 TaiChi 2 7 Soul Line Dance 24	9 Exercise w/Ease 10 Color with Us 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Clutter Busters 1 Zumba 2 Yoga 3 Urban Line Dance 3:30 iPad Lab 7 World Language Cafe 25	10 Mahjong 12 Lunch and Learn 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance 26	9 Exercise w/Ease 10 Basic Bridge 11 AAUW Book club 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Ballroom Dance 27	9:15 Draw & Paint 9:30 Advanced Walking at Columbia Mall 1 Pinochle 1 Bridge 1 Watercolor 28
Center Closed Monday, October 31, 2016 31	Please join us at the 50EXPO PLUS Howard County Office on Aging Monday, October 31 at Wilde Lake High School 9am – 4pm \$1 Admission \$5 Capital Steps	Thanksgiving Celebration The Giving Thanks Luncheon and Dance Entertainment by “A Classic Case” Thursday, November 17, 2016 Ten Oaks Ballroom Tickets on sale at all Howard County 50+ Centers - \$14 person	East Columbia 50+ Center Staff Meridy McCague Ellen Brown Alma Blue Earl Saunders	

Basic Bridge Lessons

Try it – you’ll like it! Taught by Instructor Paul Elstein, this is the ultimate brain fitness challenge that will provide you with a lifetime of enjoyment and friends. Registration is required. Please stop by or call (410) 313-7680.

When: Thursdays, September 29, October 6, 13, 20, 27 and November 3

Time: 10am – 11:30am

Cost: \$60 for 6 weeks

Ballroom Dance

Spice up your social life and try ballroom dancing with Instructor Laurie Anderson! This is an activity you can enjoy at any age and it does not require special skills or dance ability. No partner is needed. Please stop by to sign up.

When: Thursdays, October 6, 13, 20, 27

Time: 1 - 2pm

Cost: \$35

Open Forum with County Executive Allan H. Kittleman

You are welcome to participate in an open forum sponsored by members and friends of the East Columbia 50+ Center to discuss future plans, space needs, and to share your thoughts about how the center can meet the growing needs of the community. Light refreshments served.

When: Wednesday, October 5

Time: 1 - 2pm

iPad and Technology Lab

The Columbia Youth and Teen program is once again ready to tackle your frustrations with technology. Bring your tablet, laptop or phone for individual attention or you can borrow an iPad. Space is limited so please call (410) 313-7680 or stop by to register.

When: Tuesday, October 11 and 25

Time: 3:30 – 4:30pm

Cost: Free

Outreach Education

Can’t hear on the phone? Come learn about a FREE telephone service that can help.

When: Wednesday, October 19

Time: 10am

Cost: Free

The Village in Howard County Informational Meeting

You are invited to attend an informational session on The Village in Howard County. Light refreshments served.

When: Wednesday, October 19

Time: 10am

Cost: Free

To Health

Meet nutritionist, Karen Basinger, MS, CFCS, LDN. This month’s topic will be: “Healthy diet does not come in a pill.” Join us as we continue to learn about healthy eating.

When: Wednesday, October 19

Time: 1pm

Cost: Free

Lunch and Learn

How do you diffuse a volatile situation and deal with people when you find yourself in a conflict? Meet Stephanie Klein from the Mediation Center who will help you build skills that can turn challenges into opportunities.

When: Wednesday, October 26

Time: 12noon

Cost: Lunch Donation

Important Numbers and Information

If you need accommodations to attend events at East Columbia 50+ or an alternate format for this document, please call, **410-313-7680**. People with hearing or speech disability may contact Maryland Relay: 7-1-1.

Howard County Government does not endorse products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of sponsors.